PAGING DR. GUPTA

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VANCOUVER metro®

Tuesday, February 26, 2013

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Bachelorette bash turns nasty

Under investigation. Woman due to marry in three weeks claims she was assaulted by nightclub waitress

EMILY JACKSON
emily.jackson@metronews.ca

A bride-to-be will have a nasty scar in her wedding photos after a waitress allegedly assaulted her at Vancouver nightclub Bar None on Saturday night.

Mission resident Alysha Thompson, 29, whose wedding is in just three weeks, was celebrating her bachelorette party when the altercation occurred, leaving her with five stitches across her forehead and cuts on her leg.

Facebook photos of her injuries and her side of the story have been shared more than 3,370 times.

Police are investigating the incident as an assault but no charges have been laid, Sgt. Randy Fincham said Monday.

Video evidence suggests three groups were involved in the incident — the bachelorette party, bar staff and a third group, Fincham said.

"(Thompson) did play a role in what happened," he said. "We're still looking to determine who else played a role."

But she "definitely is a true victim where she sustained injuries that weren't her own doing," he added.

Bar None addressed the incident on Facebook, saying it takes "the safety of (its) patrons and employees seriously." The post attracted hundreds of angry comments.

The Donnelly Group, which owns the club, did not return a request for comment.

The nightclub isn't on the police department's radar as a problem premises, Fincham said.

"It's not a bar we attend more often than any bar in the city," he said. "Incidents like this are infrequent, but unfortunately with bars, when alcohol is being consumed, there can be tempers flaring."

Police will continue to interview witnesses. Anyone with more information is asked to call police or Crime Stoppers at 1-800-222-8477.

Online

For more news visit metronews.ca

Just three weeks before her wedding, bride-to-be Alysha Thompson sustained wounds in an alleged assault at Vancouver nightclub Bar None. FACEBOOK.COM

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Kelowna

Three charged in gangland shooting outside hotel

Three men suspected in the bloody shooting death of an organized-crime kingpin outside a Kelowna hotel nearly two years ago have been arrested, but police say that may not put an end to the periodic gangland killings in the province.

The suspects are accused in the first-degree murder of Red Scorpion boss Jonathan Bacon and are alleged to have gang ties, RCMP announced on Monday.

Officials with the Combined Forces Special Enforcement Unit said the men were nabbed Friday in a large-scale takedown involving 100 officers in Vancouver, Surrey and Toronto.

It would be "naive" to think that removing some central figures in the recent rash of violent activity will cap it, said RCMP Assistant Commissioner Wayne Rideout. "This is going to go on for some time," he told a news conference. "We are doing everything we can to reduce that risk and to identify and disrupt and arrest those involved."

"I still have 50 investigators that are working on that case this week," said the unit's Chief Officer Dan Malo. "I fully expect that I'll have 50 investigators working on that case for several weeks to come."

Jujhur Khun-Khun, 25, of Surrey; Michael Jones, 25, of Gibsons; and 37-year-old North Vancouver resident Jason McBride have also been charged with attempting to murder four people who were with Bacon.

The eldest of three brothers at the centre of a long-standing gang war died of his injuries when at least one masked gunman unleashed a hail of gunfire as the 30-year-old was climbing into a white Porsche SUV on Aug. 14, 2011. THE CANADIAN PRESS

B.C. Premier Christy Clark, left, talks with Haisla First Nation Chief Ellis Ross at the International LNG Conference in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

One pipeline not like the other

Kitimat LNG project. Pacific Trail, province announce $200M agreement with 15 First Nations for proposed pipeline

MATT KIELTYKA
matt.kieltyka@metronews.ca

British Columbia's grand plans to fast-track the province to natural-gas riches aren't experiencing the same hurdles plaguing oil-pipeline projects.

At the International Liquefied Natural Gas Conference in Vancouver on Monday, Pacific Trail Pipelines and the province announced a $200-million commercial agreement with 15 First Nations to go ahead with the proposed 463-kilometre pipeline component of the Kitimat LNG Project.

Among the First Nations is the Haisla, whose chief Ellis Ross was also on hand Monday to celebrate the federal government awarding a long-term export licence to the Shell-led LNG Canada Development Inc.

Ross listed a myriad of reasons why First Nations seem to support LNG projects despite opposing proposed projects like Enbridge's Northern Gateway pipeline.

"First of all, it's the product," he said. "Natural gas getting into the environment has different characteristics than product from Alberta, which is oil."

And despite standing next to federal Resource Minister Joe Oliver, Ross chalked up much of the difference to the way First Nations have been treated by Ottawa (over Northern Gateway) and Victoria (with LNG).

"The processes are very different. One is being mandated federally, and the natural-gas projects we've been involved in so far have mostly been provincial processes. Basically, people on the ground in B.C. are coming and learning how to consult with First Nations, and that's making a difference."

Asked for his take on the prospect of Northern Gateway being built, Ross said "not good."

"It's a misunderstanding on how to deal with First Nations in B.C.," he said. "Especially for Haisla, we've seen industrial activity within the last 60 years that was implemented without our consent or involvement on any level."

As part of the Pacific Trail Pipelines agreement, the provincial government is giving First Nations $32 million to facilitate a non-equity investment in the pipeline.

"First Nations talk about revenue sharing; we do that here. First Nations Talk about being a part of economic development; we do that here," said Premier Christy Clark, who earlier referred to LNG as her government's "singular economic focus."

The government hopes LNG can generate $1 trillion in related economic activity over 30 years and create more than 100,000 jobs.

Royalties

Clark also announced Monday the government will provide the gas industry $120 million in royalty credits.

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False alarm. Feds, B.C. have no plans for Kits Coast Guard station: DFO

Widespread media speculation that the federal government might be in negotiations to sell the shuttered Kitsilano Coast Guard station to First Nations is unfounded, the Department of Fisheries and Oceans (DFO) declared Monday.

An undated, leaked email Global News reported on last week stated Ottawa was working on a deal with unspecified First Nations aimed at "unlocking the value" of three Metro Vancouver properties, including one owned by DFO.

That raised the eyebrows of local groups and politicians fighting to get the base's funding restored, such as the B.C. Federation of Labour and Vancouver Coun. Kerry Jang, who were concerned it was the future ownership of the Kits base in question.

But DFO spokeswoman Erin Filliter clarified Monday that the DFO property referenced in the memo is a vacant lot in West Vancouver, not the coast-guard station.

KATE WEBB/METRO

Surrey

Police identify homicide victim

The man found murdered in Surrey on Sunday had no known gang ties but was known to police, investigators said Monday.

The Integrated Homicide Investigation Team identified the body found in the 12100 block of Colebrook Road as Delta resident Amritpal Saran, 29. EMILY JACKSON/METRO

Drunk and shirtless

Man allegedly bites Mounties

A Langley man is facing charges for allegedly biting two Mounties while drunkenly resisting arrest in a McDonald's parking lot early Saturday morning. The suspect, allegedly causing trouble at Jimmy Liks bar, tried to run away but fell face-first onto the pavement.

KATE WEBB/METRO

Alleged kidnapping victim shouldn't testify: Lawyer

Veronica Moncur of Kamloops leaves B.C. Supreme Court on Monday. She is co-accused, along with North Vancouver realtor Nazfar Mirhadi, in an October 2011 kidnapping. ERIC DREGER/THE CANADIAN PRESS

'Bad character.' Witness serving 81-month prison term in California could appear via video link

NEAL HALL
The Canadian Press
exclusively for Metro

The alleged victim at the centre of a gangland-style kidnapping plot that has ensnared a North Vancouver real estate agent should not be allowed to testify because he's an unsavoury character and his credibility will be a crucial issue in the case, a defence lawyer for the woman told court Monday.

"He is a person of bad character," Matthew Nathanson argued in court Monday as he began his defence of Nazfar Mirhadi, who is charged along with six others.

She and her co-accused pleaded not guilty Monday on charges of kidnapping and unlawful confinement related to the 2011 incident. Three of the accused who remain in custody are also facing trial on firearms charges.

Nathanson is opposing a Crown application for Sulaiman Safi to testify next week in a Vancouver courtroom via video link from California. Safi was sentenced Feb. 13 to an 81-month prison term in California for conspiracy to distribute cocaine and crystal methamphetamine.

"Mr. Safi has agreed he was involved in fraud, drugs and other criminal activity," Nathanson told the court, adding Safi has changed his story and that cross-examination would be adversely affected if it took place by video.

On Oct. 21, 2011, police responded to a 911 call and were looking for the kidnapping victim when he was allegedly pushed out of a vehicle on Highway 91 in Richmond.

Straight out of a movie

In 1997, Mirhadi's brother, Mohammed Mirhadi, was fatally shot at the Esplanade Six movie theatre in North Vancouver as he watched the gangster film Donnie Brasco.

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Alcohol. Surrey party-bus incidents raise concerns

After a death and a hospitalization on party-bus trips this month, Surrey RCMP plan to pay more attention to these parties on wheels.

Ernest Azoadam, 16, of Surrey died Feb. 15 and another teen boy was hospitalized on Feb. 22. Alcohol was found on the bus both times.

Surrey RCMP Cpl. Bert Paquet said operators are responsible for keeping buses safe and discouraging underage drinking. "Management and companies operating party buses (should) execute their due diligence," he said.

Troy Opper used to offer party-bus trips. He recommended operators check IDs to keep underage drinkers off, but said some might not bother. "As long as they get payment, maybe it's 'all aboard!' You've got to be really careful of things like that," Opper said. LIAM BRITTEN/FOR METRO

UBC study

Good deeds linked to healthy hearts

Showing a little heart is good for it, according to a UBC study published Monday. Two groups of students were compared: one volunteered for 10 weeks, the other was wait-listed. Only the volunteer group improved their mental and cardiovascular health. Doctoral student Hannah Schreier noted correlations between increased altruism and improvements in inflammation, cholesterol and BMI. LIAM BRITTEN/FOR METRO

Prince George

Man to pay $18K a month to ex

The manager of a Prince George car dealership has been ordered to pay $18,000 a month for his ex-wife and three children. The successful businessman, identified by the initials K.R.M., had an income last year of almost $900,000 but earned $2.4 million in 2007, a year after they married. The wife was seeking spousal support to cover estimated expenses of $20,861 a month.

NEAL HALL/THE CANADIAN PRESS EXCLUSIVELY FOR METRO

Twilight author draws 500 to Metrotown event

Team Meyer. Fans of all ages line up to chat with writer of fantasy-romance series

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

More than 500 devoted Twi-hards had toothy grins as they came face-to-face with Twilight author Stephenie Meyer on Monday.

It was a family affair for the Wong family, who waited in line to see the bestselling author at a book signing at Chapters Metrotown.

"She was a very nice person, very social," said mom Christine. She also said she was as big a fan of Meyer's Twilight series as her daughters.

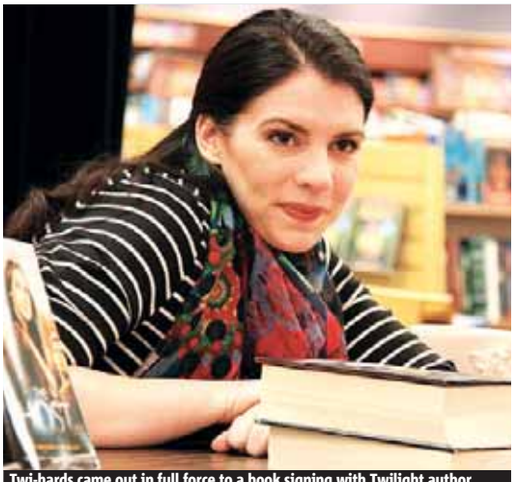
"She has three boys and she noticed I had three girls. She wished she had a girl so she could have someone to do the girly stuff with."

She said her daughter Stephanie, who just turned 16 over the weekend and is eager to get her driving licence, missed her knowledge test just to see Meyer.

"She chose this instead of that, and that's how much of a fan she is," Wong said.

Meyer was in town promoting the film version of her first adult novel, The Host.

Jessica Kawer, 32, and her friend Crystal Darche, who's in her 40s, were among the first in line to meet Meyer. They described themselves as "hardcore" fans.



Twi-hards came out in full force to a book signing with Twilight author Stephenie Meyer, who is making the rounds promoting the film version of her first adult novel, The Host, at Chapters in Metrotown on Monday.

PHYLICIA TORREVILLAS/METRO

Several years ago, the two friends took a trip to Forks, Wash., where the movie is set, and brought a life-size Edward cutout, taking photos with it everywhere they went.

"It also helps that Stephenie is such a personable person and she gets really involved with her fans, and that's what makes her awesome," Darche said.

Sharlene Medel and Kyra Sollied, both 18, arrived at 8:45 a.m. and were the first ones in line. They said Meyer's Twilight books are more than just a story about vampires.

"We just want to say thank you for changing our lives with her stories and her words," Medel said.

Beyond vampires

"We just want to say thank you for changing our lives."

Sharlene Medel, Twi-hard fan

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Conspiracy charges

‘Cannibal cop’ heads to court

The estranged wife of a police officer testified Monday in New York City about discovering evidence on his computer showing he had discussed killing her and abducting, torturing and eating other women. Gilberto Valle is accused of conspiracy to kidnap a woman and unauthorized use of a law enforcement database. THE ASSOCIATED PRESS

Civil war

Syria ready to talk with rebels

Syria said Monday it is prepared to hold talks with the armed rebels bent on overthrowing President Bashar Assad, the clearest signal yet that the regime is growing increasingly nervous about its long-term prospects to hold onto power as opposition fighters make slow but persistent headway in the civil war. THE ASSOCIATED PRESS

A Syrian woman walks past a house destroyed by a government airstrike in Syria on Monday. HUSSEIN MALLA/THE ASSOCIATED PRESS

Census research

U.S. dropping use of term ‘Negro’

After more than a century, the U.S. Census Bureau is dropping its use of the word “Negro” to describe black Americans in surveys. Instead of the term that came into use during the era of racial segregation, census forms will use the more modern labels “black” or “African-American.” THE ASSOCIATED PRESS

Prosecutors seek trial for captain of Concordia

The cruise ship Costa Concordia leaning on its side near the shore of the Tuscan island of Giglio, Italy. PAOLO SANTALUCIA/THE ASSOCIATED PRESS FILE

Deadly shipwreck.
Captain depicts himself as a hero, while cruise company lays blame on human error

Italian prosecutors on Monday officially requested an indictment of the Costa Concordia’s captain on manslaughter charges in the shipwreck of the cruise liner that killed 32 people last year off the Tuscan coast.

Prosecutors are also seeking a trial for Francesco Schettino, the captain of the luxury cruise liner, on charges of causing a shipwreck and abandoning the vessel during the frantic and confused evacuation of passengers and crew.

The Concordia was conducting a publicity stunt off the coast of tiny Giglio island the night of Jan. 13, 2012, prosecutors say, when it slammed into a jagged reef, which speared the ship and left a 70-metre-long gash in the hull. The cruise liner quickly took on water and capsized, ending on its side near the island’s port.

Prosecutors also requested the indictment of five other crew members, including two other officers on the bridge. The proposed charges against them vary, but all are accused of manslaughter.

Schettino has tried to depict himself as a hero, claiming it was his deft steering after the collision that allowed the ship to move closer to the port and help save lives. THE ASSOCIATED PRESS

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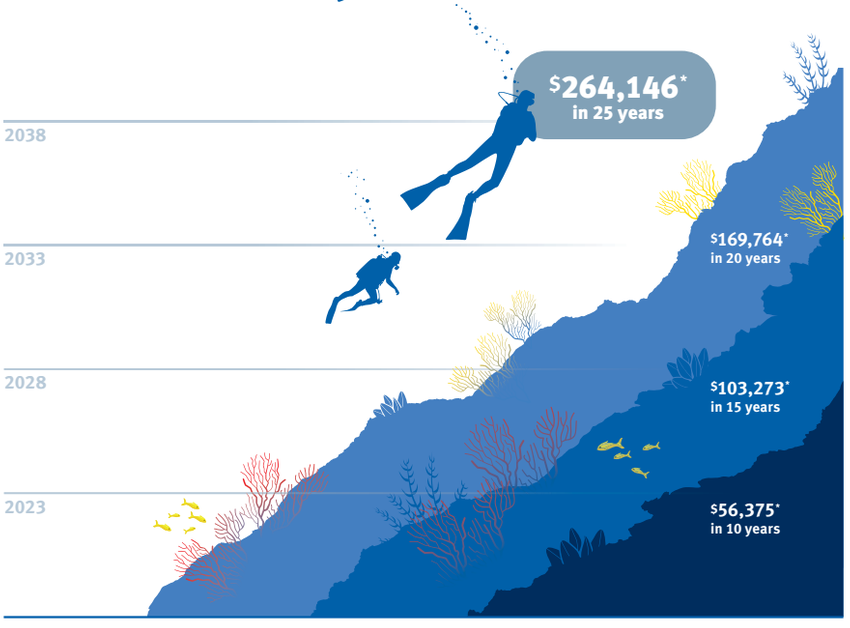

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Don't try the Swedish meatballs: Ikea caught in horsemeat scandal

Carpe equus. Popular frozen food item pulled off shelves in at least 15 European countries

JESSICA CARLESON
Metro World News in Stockholm

Europe's ongoing horsemeat scandal has claimed another victim as Swedish retail giant Ikea was forced to withdraw meatballs from sale in at least 15 countries.

The retailer's announcement came after authorities in the Czech Republic found traces of horsemeat in an affected batch made in Sweden. The Czech State Veterinary Administration said horsemeat had been found in one-kilogram packs of meatballs, which were shipped to the Czech Republic for sale. Meatballs from the same batch have been withdrawn from more than a dozen more countries.

Billboards for Ikea meatballs sit in the parking lot of an Ikea store in Stockholm, Sweden, on Monday. They were taken down after horsemeat was discovered in the meatballs. THE ASSOCIATED PRESS

"We take this very seriously and have withdrawn one-kilo bags of frozen meatballs from Slovakia, the Czech Republic, Hungary, France, Britain, Portugal, Italy, the Netherlands, Belgium, Spain, Cyprus, Greece and Ireland," in addition to Sweden, Ikea spokeswoman Ylva Magnusson said.

A spokeswoman for Ikea Denmark said the product was also removed from shelves in that country.

Gunnar Dafgard, the supplier of the meatballs, is located in southwestern Sweden and was holding crisis meetings Monday. In a written statement, it said that "the shipment in question has been stopped and we are investigating the situation." The company added that it was performing its own DNA tests on the batch.

The news came as European Union ministers were meeting in Brussels to discuss how to contain the spiralling scandal, which broke out in January when horse DNA was found in beef burgers in Britain and Ireland.

Greenhouse gas

New rules aim to cut truck emissions

The federal government says new regulations for heavy-duty trucks will cut greenhouse-gas emissions and give truckers a break on fuel costs to boot.

The Environment Department says the regulations will be phased in between now and the 2018 model year and will produce a cumulative reduction of 19.1 megatonnes of greenhouse emissions over the life of 2014-2018 model year vehicles.

The regulations will cover vehicles such as full-size pick-ups, semi-trucks, garbage trucks and buses, and will align with U.S. standards. "With these tough new measures, GHG emissions from 2018 model-year heavy-duty vehicles will be reduced by up to 23 per cent," Environment Minister Peter Kent said in a release.

THE CANADIAN PRESS

Market Minute

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ARE YOU HAVING ENOUGH SEX?

SHE SAYS...
Jessica Napier
metronews.ca

I know plenty of young attractive couples that just aren't having sex that often. While we might be in the so-called sexual prime of our lives, we're also busy millennials struggling to pay bills in a less-than-kind job market. We work odd hours, live with our parents, watch Netflix in the bedroom and do lots of other things that aren't conducive to getting busy on the regular. But I also think that many of us aren't trying hard enough.

Victoria's Secret's presence across North American shopping malls makes racy lingerie about as ubiquitous as Cinnabon. And yet, how many of us actually bother with titillating sleepwear other than on Valentine's Day and anniversaries? I recently discovered that a dear friend of mine is the proud owner of a knee-length, long-sleeved, Owl-print nightshirt. I love her and I'm sure it's seriously comfortable but flannel in the bedroom is the opposite of arousing.

Less isn't more

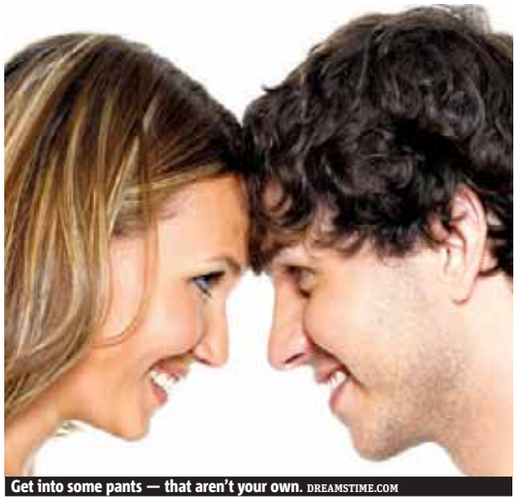
According to a Playtex survey released earlier this month, 35 per cent of Canadians reported having sex just a few times a month while 19 per cent are only doing it once a month or less.

Of course, it isn't really so much about what you wear but what you know. Since formal sexual education is predominantly based on a what-not-to-do curriculum, most of us rely on the Internet and our friends to expand our repertoire of sexual knowledge. But perhaps we should be talking about it even more, not in a contrived Sex-and-the-City way over cosmopolitans but in a real and honest way. Engaging in open communication with friends about your sex life might inspire you to try something new or make you realize what you're missing out on. And while comparing bedpost notches might feel competitive, it also gives us a broader frame of reference for understanding our own sexual behaviour and desires.

According to a Playtex survey released earlier this month, 35 per cent of Canadians reported having sex just a few times a month while 19 per cent are only doing it once a month or less. With the average between-the-sheets session lasting a mere six minutes, I'm willing to bet that most of us spend more time each day waiting for the bus or standing in line at Starbucks than we do being intimate with our partners.

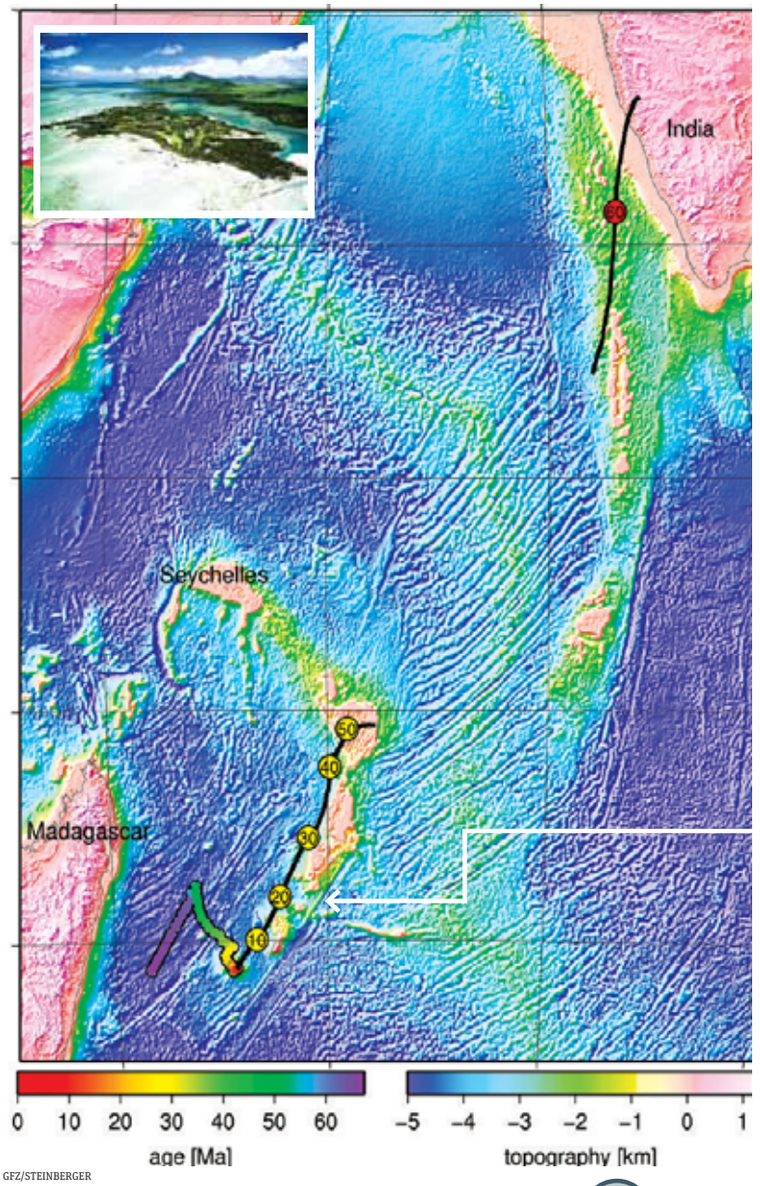
I know sex isn't everything but it is a significant part of a healthy and satisfying romantic relationship. This is our time folks; one day there will be mortgages and babies and elderly parents to deal with and we will enter the very unsexy years. So for now, let's banish the unflattering nightgowns from the bedroom and put in the effort to start doing it more and doing it well.

Follow Jessica Napier on Twitter @MetroSheSays



Get into some pants — that aren't your own. DREAMSTIME.COM

Paradise no longer lost



GFZ/STEINBERGER

New world discovered

Continent under Mauritius found

Atlantis may exist after all. Researchers claim they have found an ancient continent beneath the Indian Ocean. The micro-continent known as Mauritia detached about 60 million years ago while Madagascar and India drifted apart, before it was buried under huge amounts of lava, says a study in the latest issue of Nature Geoscience. METRO

Continental crust

Seychelles: lost continent

Mauritia, located between India and Madagascar, probably existed after the single landmass called Rodinia began to break up to form our modern continents.

Researchers believe the Seychelles may be its surviving fragment. METRO

How they found it

Ancient mineral was crucial

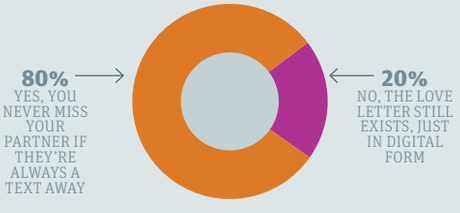
Researchers gathered sand grains traced to a volcanic eruption from the beaches of Mauritius (inset).

The grains possessed a much older mineral, zircon, dated between 600 million and 1.97 billion years old. This led researchers to conclude that they were the remnants of ancient land that had been dragged up to the surface during the volcanic eruption. METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Is digital communication killing romance?



Twitter

@fluffynofloat: "@karimrUBC: 'You wont have to look for a seat, there will always be one just for you' #wfcstudent @WhitecapsFC" #sotrue

@ParkBoard: Stanley Park Seawall from Prospect Point to Siwash Rock closed for maintenance on weekdays for the next two weeks http://ow.ly/i2xHb

@JodieEmery: Today I got over 100 signatures within 2 hours from Vancouver-West End residents, allowing me to be a candidate in the May election. Thanks!

@steveo218: @strombone1 didn't realize there was a red light district in Vancouver!

@HockeyBroad29: I am so stoked for the Whitecaps this year. Moving on up the Vancouver sports team totem pole for me anyways.

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DVD review

Best of Warner Bros.

Argo's win for best picture at the Academy Awards last weekend must have seemed completely natural to Warner Bros.

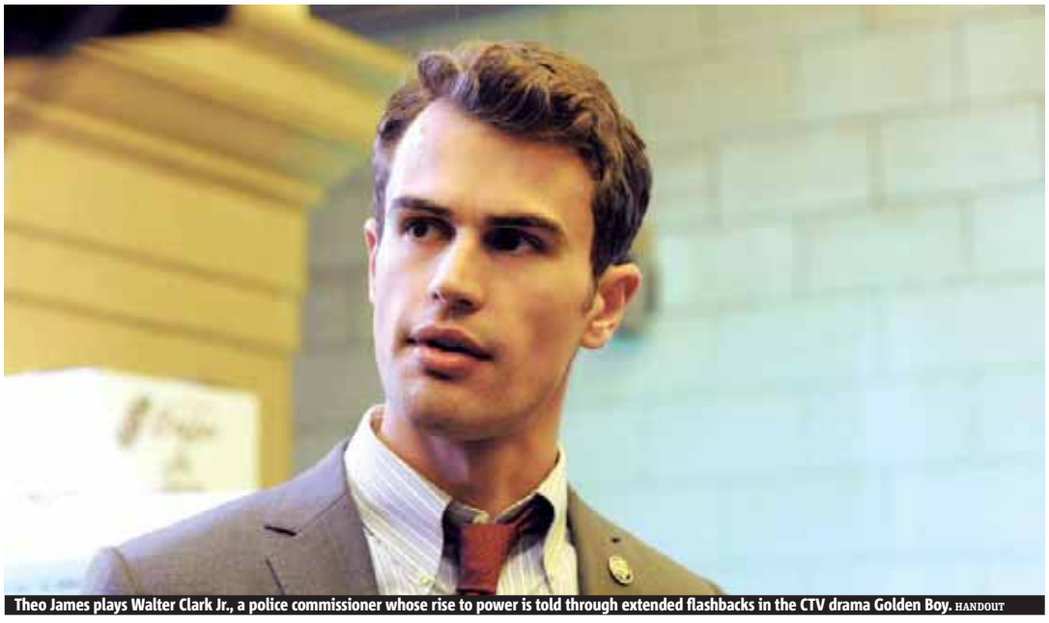
The movie studio, incorporated by brothers Harry, Albert, Sam and Jack Warner on April 4, 1923, is the best picture champ amongst Hollywood corporate titans, with a total of 22 wins to date — Argo would make number 23.

Warner is celebrating its 90th anniversary, and its Oscar acumen, with two Best of Warner Bros. disc collections worthy of the hoopla: a 100-disc DVD set that includes all 22 best picture winners and a 50-disc Blu-ray set that skims most of the cream, including 16 of the top Oscar champs.

The DVD set list reads likes a history of the movies, from The Jazz Singer (1927) at the dawn of the sound era to Inception (2010) near the dusk of the analogue film age. Both sets come with two new and worthwhile documentaries: Tales From the Warner Bros. Lot and The Warner Bros. Lot Tour. And both sets also have a whopper of a price tag: $600 suggested retail, although smart shoppers will find discounts.

This collection is quite something, a movie fan's dream. But what is Warner Bros. going to do 10 years from now, for the 100th anniversary?

PETER HOWELL



Theo James plays Walter Clark Jr., a police commissioner whose rise to power is told through extended flashbacks in the CTV drama Golden Boy. HANDOUT

Portrait of the officer as a young man

Golden Boy. Ambitious new cop drama shows a fledgling detective's climb through the ranks

NED EHRBAR
Metro World News in Hollywood

The folks behind Golden Boy are hoping TV audiences are in the mood for some high-concept plotting with their cop procedurals.

It's an ambitious story, to be sure, framed by interviews from seven years in the future when Walter Clark Jr. (Theo James) has become the youngest police commissioner in New York City history, each episode in the first season then jumps back to his first year as a homicide detective with a gruff older partner (Chi McBride).

But just how plausible is it that a hotshot young detective could become police commissioner so quickly? "Well, you can be appointed," explains executive producer Nicholas Wootton. "You know, the police commissioner is an appointment. It's not an elected position, and it is not something you have to take a test for. That is how every police commissioner has been appointed. (Bernard) Kerik was appointed, for better or worse. Some people are more suited to the job, clearly, as we've seen in the last many years, and then others are presently in jail."

And just what kind of commissioner the main character on Golden Boy becomes is part of the fun of the show, Wootton explains. "You will see, as we continue forth in the series, that he is quite political," he says. "You see instances in the future where he is kind of devious. We see him learning the lessons that Chi's character teaches him. There's a way to be. And then we see him learn things that are completely politically vicious."

Wootton admits they've been very careful about depicting life in the not-too-distant future, finding a balance that hopefully feels believable.

Golden Boy airs on CTV, beginning tonight.

That dude from Downton

Avid TV fans may recognize Golden Boy star Theo James from an early and pivotal episode of Downton Abbey in which he played dashing and doomed Turkish diplomat Kemal Pamuk, who famously died while in bed with Lady Mary (Michelle Dockery). The brief role has given James a level of notoriety he didn't quite see coming, he admits. "I mean, I'm on screen for about 20 minutes, and I still get people going, 'Mr. Pamuk!'"

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Janet Jackson is a married woman?

THE WORD
Dorothy Robinson
scene@metronews.ca

If you've been wondering where Janet Jackson has been (besides being caught up in her crazy family drama), it turns out she's been off getting married. The 46-year-old singer secretly wed Qatari billionaire Wissam Al Mana, 37, last year. In a statement to Entertainment Tonight, the couple tried to set the record straight about rumours they were planning an over-the-top wedding in the near future. "The rumours regarding an extravagant wedding are simply not true.

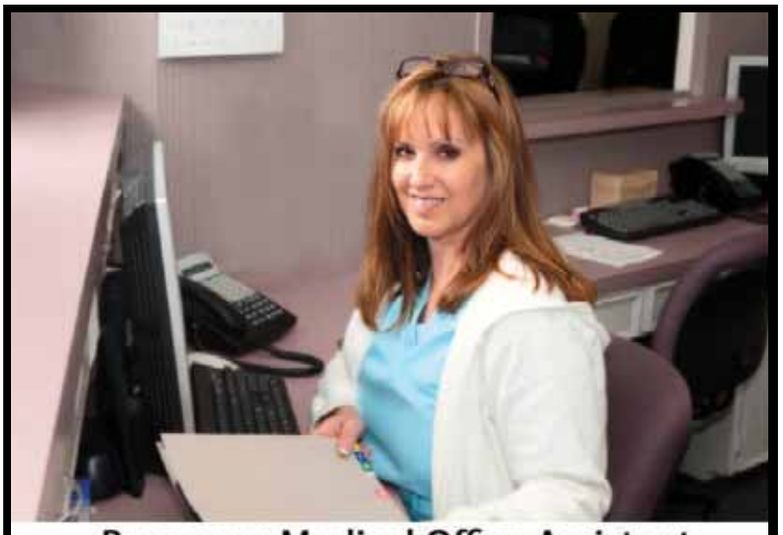
Last year we were married in a quiet, private and beautiful ceremony," the couple wrote, thus blowing everyone's minds. "Our wedding gifts to one another were contributions to our respective favourite children's charities. We would appreciate that our privacy is respected and that we are allowed this time for celebration and joy."

There's something about the phrase "Qatari billionaire" that has such a nice ring to it, right?

MC Hammer

'Chubby Elvis-looking dude' arrests MC Hammer

Rapper MC Hammer was arrested in Dublin, Calif., over the weekend for obstruction of justice and resisting a police officer, according to TMZ. But shortly after his release from jail, Hammer offered his own take on the events via Twitter, claiming he was the victim of racial profiling. "Chubby Elvis-looking dude was tapping on my car window. I rolled down the window and he said,'Are you on parole or probation?'" wrote Hammer, who is also a preacher. "While I was handing him my ID, he reached in my car and tried to pull me out the car but forgot he was on a steady doughnut diet."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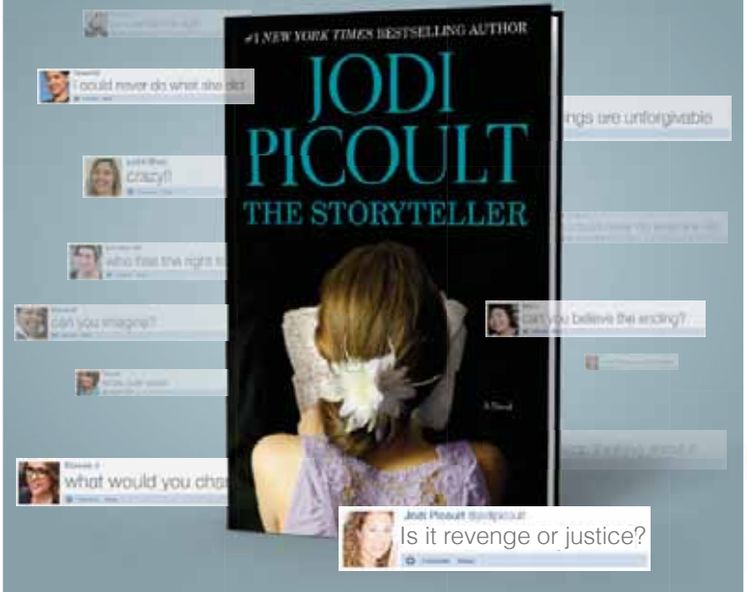

JOIN THE CONVERSATION WITH JODI ON FACEBOOK AND TWITTER
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DR. SANJAY GUPTA

CNN's in-house neurosurgeon executive produces the new TV drama Monday Mornings. He wants everybody wearing a lab coat, as medicine prepares for the age of open source.

CREATOR OF MONDAY MORNINGS

Your show is set in doctors' private meetings. Will we be shocked?
It's very real and authentic. There has always been a depiction of doctors at one level and patients at another, but this is about when mistakes and complications happen. The perception is that the conversation ends with the relationship between patient and physician, but this about how we learn from it.

What will surprise us most?
That these meetings happen at all. I've been going to them for 20 years but very few people know they exist.

You moved from medicine into media and now entertainment — is this a passion to open up the profession?
The common denominator is still health. I'm a doctor first, but they are all educational tools. As a journalist I'm trying to educate people about health issues.

Journalism uses lots of open-source content now — can medicine do that?
It has to become more open sourced. We need to get past a few medical journals dictating standard practice. We're starting to see smaller clinics adding to the dialogue in ways we haven't seen before. But with medicine the stakes are high and you want people trained in the best existing knowledge. I don't know that "hobbyists" are the solution, but the knowledge base can grow more quickly. If someone has an idea — say for slowing memory loss, it could take years to be published in a medical journal and that is too long for people waiting now. On the "patients like me" website, patients themselves start the dialogue about problems that don't get much attention, and based on that clinical studies are starting.

Brain surgery should be left to experts, but how competent can an amateur get?
The technical aspects of these things are not the limitation. I teach people to operate all the time, I can turn you into a surgeon pretty quickly! Ninety per cent of training is focused on how to handle when things don't go as expected.

How can we pimp our brains?
People already do it. There's cognitive enhancement happening through medication; how to stimulate neurotransmitters or increase attention. It probably increases dedication to particular tasks. Memory is the most fertile area for study. One of my professors in his 80s is confident we will come up with medical memory enhancement in his lifetime, and I agree.

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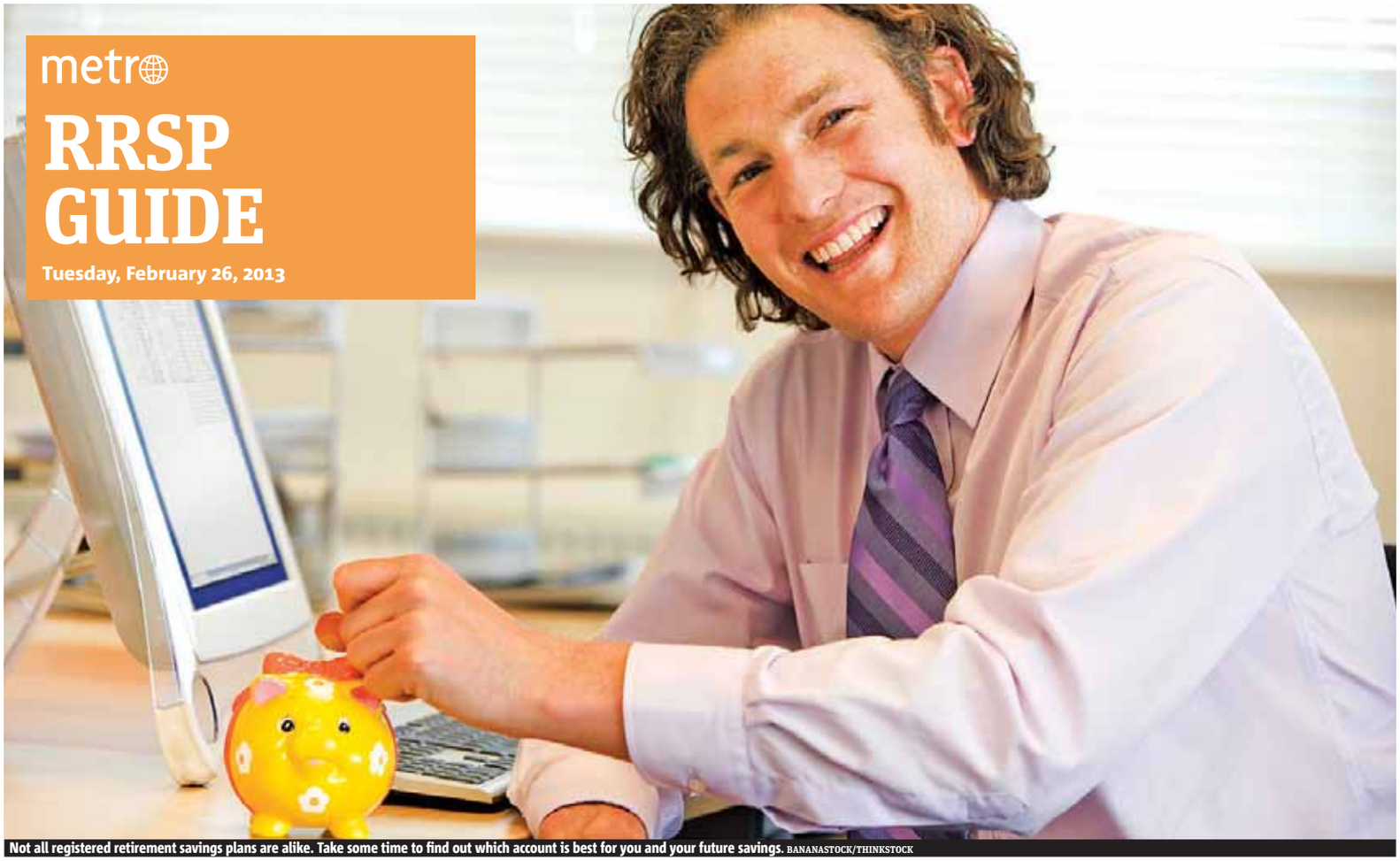
metro

RRSP GUIDE

Tuesday, February 26, 2013



Not all registered retirement savings plans are alike. Take some time to find out which account is best for you and your future savings. BANANASTOCK/THINKSTOCK

Which account is the best for you?

MICHELLE WILLIAMS
For Metro

How much do you really know about registered retirement savings plans?

Most of us are aware that it's an account that gives us some financial advantages at tax time. But if you think all RRSPs are alike, read on:

Individual RRSP

This is a common type of RRSP registered in the name of its contributor, available to Canadians with a reported earned income, purchased through banks and financial institutions. From there, you select how you would like to invest the money in your RRSP: GICs, stocks, bonds, mutual funds, etc. — options provided by the financial institution.

"You can contribute up to 18 per cent of your yearly income, to a maximum of $22,970 for the 2012 tax year, less applicable company sponsored pension contributions; you can also make a larger yearly contribution with any accrued unused amounts from previous years," explains Serena Cheng, director of wealth management and an investment adviser with Richardson GMP in Toronto. "The RRSP contribution amount is then deducted from your income, thus reducing the amount of tax you pay while providing you with tax deferred growth of those funds until your eventual withdrawal of those funds, typically during retirement."

Self-directed RRSP

"The difference here is simply this — you create and manage your own portfolio alone or with a financial adviser. You have a wider range of investment options as well as the ability to oversee your account," Cheng said. This is often an option selected by those who are knowledgeable about investments or have considerable RRSP savings and would like more diversification in their investment portfolio.

Spousal RRSP

This RRSP provides a way to help both members of a couple — typically, the spouse with a higher income makes the contribution, thus lowering his/her income and paying less tax. The other builds up his/her RRSP.

"Ultimately, the money withdrawn in retirement will benefit both partners, so this is a great strategy for couples to help balance their income, savings and taxes" Cheng said. "Also, as long as your spouse is 71 or younger, you can contribute to their spousal RSP and still claim the tax deduction."

There are several qualifiers — and legalities regarding how money gets divided in the event of a breakup — so it's important to know the rules before embarking on this type of savings strategy.

Group RRSP

Available only to those whose employers offer them, group RRSPs deduct contributions from paycheques and direct or provide options towards how funds for the group are invested. "The big advantage here is that it is a way to automatically save — and save on taxes," Cheng said.

"Contributions are taken from pre-tax pay, reducing your tax burden immediately. Plus, some employers even match or add to your investment."

The downside may include restrictions to the investment options and withdrawal of funds, Cheng added.

Can you mix it up and have more than one type of RRSP in your portfolio? "Absolutely," Cheng said. "Just keep track and make sure you don't contribute over your limit."

There is no simple answer when it comes to investing into an RRSP or paying down your mortgage. ISTOCKPHOTO/THINKSTOCK

Find balance between RRSP, mortgage

Pay into your RRSP, or pay down your mortgage? A simple question — with no simple answer.

Disciplined savers would benefit from paying off the mortgage first.

"The notion is that you would then take that amount and contribute it towards RRSP savings without skipping a beat, but that isn't always realistic," says Serena Cheng, director of wealth management and investment adviser with Richardson GMP in Toronto.

"If you're uncomfortable with debt, then paying down the mortgage may be a priority for you," Cheng said.

"Conversely, if you're a spender and have trouble saving, then the discipline of adding to an RRSP is valuable to your future. It is important to ensure you have the funds for your retirement years, so investing in RRSPs should always be a consideration."

For many individuals, the choice is to do both.

"Finding a balance between paying down your mortgage and contributing to your RRSP is an attractive choice for many people. For example, if you're considering buying your first home, those RRSP contributions can then be used towards the purchase through the Home Buyers' Plan."

The Home Buyers' Plan (HBP) is a government initiative, allowing first-time buyers to use up to $25,000 in RRSP contributions to purchase a home — and take up to 15 years to pay it back without tax penalties.

Another consideration is your age. "For younger savers, compound interest over years of tax savings is very advantageous," Cheng said. "If you're getting close to retirement and still have a mortgage, you need to determine if it's more important to have your home paid, or to have the extra funds in your retirement savings."

What's right for you? Weigh the options and seek the advice of a trusted certified financial planner or your local financial institution.

MICHELLE WILLIAMS

Retirement Savings Calculator Making a plan for the future begins with knowing where you are today. Our easy-to-use Retirement Savings Calculator can help you understand where you are with your current retirement savings. Then, when you come in to meet with us, we can discuss your goals and prepare a plan together.

Visit tdcanadatrust.com/yourretirement or a branch today.
Don't forget, the RSP contribution deadline is March 1.

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Resist the temptation of cashing in an RRSP

While it might never occur to many people to use their RRSP investment to make discretionary purchases, "it happens all the time," says senior financial consultant Jason Pereira of Bennett March & IPC Investment Corporation in Toronto.

People cash in their RRSPs for all sorts of reasons, including credit card debt and luxury items like cars and vacations.

"Not a great strategy because most of us are only getting about 66 cents on the dollar, maybe less," Pereira said.

"Some people treat these investments like savings accounts. I've even known people to cash in RRSPs to buy a big-screen TV or pay for dog grooming."

Pereira believes that the most common reason for cashing in RRSPs is poor money management.

"It's often people who aren't financially organized, who are living beyond their means."

When you take money out of your RRSP, you are charged a withholding tax on the money, plus you have inflated your income, increasing your total income tax bill and potentially putting yourself into a higher tax bracket. That, plus the loss in deferred growth, means you are taking a huge financial hit in the longer term.

Does it ever make sense to cash your RRSP before retirement?

"You always have to look at each situation and determine the implications," Pereira said.

"I believe you have to look at this as a 'put money away for when you don't have an income' account rather than simply a retirement plan."

MICHELLE WILLIAMS

It's not a great strategy to cash in your RRSP to make purchases, such as a new car. ISTOCKPHOTO/THINKSTOCK

Following some simple tips can help make sure that you have enough savings for your future. ISTOCKPHOTO/THINKSTOCK

How to save properly

MICHELLE WILLIAMS
For Metro

Didn't get around to saving for an RRSP contribution this year? You aren't alone.

Most people get so caught up in spending — and staying on top of the debt they create — they never seem to get around to saving for retirement.

Here are some tips from senior financial consultant Jason Pereira of Bennett March & IPC Investment Corporation in Toronto to help you save for this coming year.

1 Make the contribution regularly. It's easier to keep up regular contributions so you don't scramble come the deadline — and your compound interest ends up being greater than if you wait until March 1.

"You're less likely to miss the money if you don't have it there. Have it come out of your account automatically and go into your RRSP each time you're paid."

2 Pay less tax on the way. For those who typically get a tax refund, another great way to save is to have less tax deducted from each paycheque. Simply complete the T1213 form on the Canada Revenue Agency website to reduce your taxes at source.

"By using this form, you'll save tax every paycheque versus getting it all at once in a tax refund in the end."

3 Invest your tax refund. "If you get a refund, remember it's not found money." Instead of going out and spending it, "put it in your RRSP to help you get another refund ... and repeat every year."

4 Save through your company. Find out if your employer offers a group RRSP for employees. Sign up and deductions come off your paycheque. "It's always better to have the money there sooner, collecting interest." You save even more because the contributions come off your income before taxes, so you reduce the amount of tax you pay at source.

The added bonus is these contributions are sometimes topped up by employers.

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Beef up cabbage rolls by skipping rice in favour of orzo

ROSE REISMAN
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This recipe serves four. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Nothing cooks up better than savoy cabbage, which has a distinctively loose, full head of crinkled leaves. It's mild in flavour and doesn't lose its colour or texture after being simmered. It's not always available, however, so you may have to make do with ordinary green cabbage.

1. Bring pot of water to boil and cook whole cabbage 25 mins.; drain. When cool enough to handle, separate leaves carefully. Set aside 8 leaves.

2. Cook orzo in pot of boiling water 10 mins., until pasta is tender but firm. Drain and rinse under cold running water. Drain again and set aside.

3. Spray non-stick frying pan with cooking oil. Add mushrooms, onion and garlic, and cook over medium-high heat 7 mins, or until slightly browned. Transfer to bowl. Add orzo, ground beef, barbecue sauce, 1 tsp dried basil, egg, salt and pepper; mix well.

4. Place about 1/3 cup of beef-orzo mix in centre of cabbage leaf. Fold in sides and roll up. Repeat with remaining filling.

5. Combine tomatoes and juice, brown sugar, remaining 1 tsp dried basil, water and lemon juice in a food processor; purée. Add raisins and pour mix into large non-stick saucepan over medium-high heat. Bring to boil, then reduce heat to low.

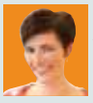
6. Add cabbage rolls and cook, covered, 1 hour and 15 mins., turning rolls over at halfway point through cooking. Serve hot, garnished with the fresh basil. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**

Ingredients

- 1 head green Savoy cabbage, core removed
- 1/2 cup orzo
- 1 cup chopped mushrooms
- 1/3 cup chopped onion
- 1 tsp minced fresh garlic
- 8 oz lean ground beef
- 3 tbsp barbecue sauce
- 2 tsp dried basil
- 1 large egg
- Pinch salt and black pepper
- 1 can (28 oz) tomatoes, with juice
- 3 tbsp packed brown sugar
- 1/2 cup water
- 1 tbsp freshly squeezed lemon juice
- 1/3 cup raisins (any variety)
- 3 tbsp chopped fresh basil or parsley

Health Solutions

Comfort food without uncomfy pants



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It is the end of February. Your resolution is long gone and you just want some comfort food — soft, starchy, warmness on a spoon that cradles your grey-day weariness.

What if you could have it both ways? Here are some foods that hit the gooey spot without contributing to the flabby spots.

1. Potatoes

Instead of peeling potatoes and boiling away all the flavour and nutrients, try baking russet potatoes whole and then scooping the pulp to mash. These are sweeter, maintain more nutrients and require much less butter and cream to make them creamy. Eat the skins too as crispy snacks instead of potato chips.

2. Wheat pasta or quinoa

Swap wheat pasta for quinoa pasta. It has more protein and a lower glycemic response (many varieties are even gluten free). A teaspoon of olive oil and a tablespoon of grated Parmesan cheese is really all you need to trick yourself into believing it is mama's mac and cheese.

3. Barley

Try barley risotto instead of white rice with cream. Pot barley cooked in boiling water becomes creamy all by itself but it has much more fibre and B vitamins to support your stressed brain. Stir in some Parmesan cheese after cooking and dig in.

Comfort need not be an either/or proposition. With a little creativity, you can have both.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Lunch: 1 bowl of vegetable broth
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Day 4 Through 14
Breakfast: 8 tablespoons of Almased (50g) in low-fat milk with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
Lunch: Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner: 8 tablespoons of Almased (50g) in water with 2 teaspoons of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
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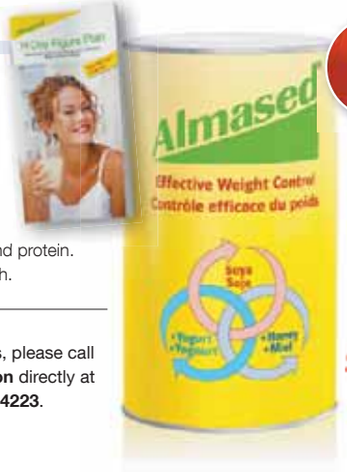

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ISTOCKPHOTO/THINKSTOCK

SHARPEN YOUR BUSINESS TOOLS

WITH AN MBA FROM THOMPSON RIVERS UNIVERSITY

As if her business career could not be anymore successful, Natalie Peace, entrepreneur in residence at Thompson Rivers University, is adding more weapons to her arsenal.

Peace, owner of Peace and Profit Business Consulting, and already a successful businesswoman, has returned to TRU to make an even bigger stand in the business world by completing her MBA.

"This education has changed the way I look at business," Peace says.

"I was confident before starting the MBA, and now I realize that I was playing the game with one hand tied behind my back."

Peace has already owned a number of successful Booster Juice franchises in Kamloops, which grossed $2 million in the first two years. That success caught the attention of the Booster Juice head office, where Peace was hired to train staff of the first Booster Juice franchise in India in 2008.

Peace is preparing to graduate from this program in June and is looking forward to using these new tools to apply to her already successful business.

"Even though the commitment to this education has meant sacrificing time away from doing business, I would do it all again in a heartbeat — it is so worth it," Peace says.

"I believed a masters in business would bring a depth and breadth to my applied experience in business, a maturity that would only be possible by immersing myself in this learning environment wholeheartedly."

As a student at TRU, Peace says she is impressed with the evolving curriculum that keeps up-to-date with the latest trends in business and appreciates the focus on leadership and how to be effective in a team.

As Peace works towards completing her MBA, she is currently working on a book and developing an app called Club Kindness, an acts of kindness challenge for kids.

Her app is scheduled to launch with Apple shortly.

"My goal is to stay relevant so I can do my absolute best and be most effective in my career moving forward as an entrepreneur," Peace says.

PROGRAM FITS AROUND YOUR SCHEDULE

Thompson Rivers University School of Business and Economics is proud to offer the most flexible MBA program in Canada, whether online or in class.

"Our focus is to provide quality business education that is accessible to all learners and is global in perspective," says Russell Currie, professor and dean, School of Business and Economics, Thompson Rivers University.

TRU School of Business and Economics currently has about 4,200 students, with 2,000 on-campus, 860 online and 1,340 overseas and offers certificate, diploma, degree, post-baccalaureate diploma and graduate degree programs.

Whether you are interested in studying full or part time, in class or online, TRU's MBA program can easily fit around your schedule.

It is also one of the most competitively priced MBA programs in the country and does not require a GMAT score for admissions.

"There are very few barriers to get in," Currie says.

Applications are now being accepted for the September 2013 intake.

Custom Made for Success

Introducing Thompson Rivers University (TRU)'s redesigned Master of Business Administration (MBA).

TRU's MBA program provides you with the management skills required to succeed in business on the global stage. Be prepared to accelerate your career in government, major corporations, small and medium enterprises, non-profits and entrepreneurial ventures.

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KAMLOOPS, BC

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MORE THAN A BUSINESS DEGREE

STRATEGIC ACCOUNTING DESIGNATIONS ARE MERGING INTO ONE IN PROVINCE

British Columbia's two strategic accounting designations — the certified management accountants (CMA) and chartered accountants — are merging into one.

A new certification program brings together the best of all previous standards to create a globally recognized accounting and business credential.

The program's quality and unique breadth mean it will stand on its own merits when compared to other leading professional programs around the world.

In addition, the profession is committed to actively promoting the value of the CPA to ensure the CPA brand is widely respected and recognized as the pre-eminent Canadian business and accounting designation in Canada and internationally.

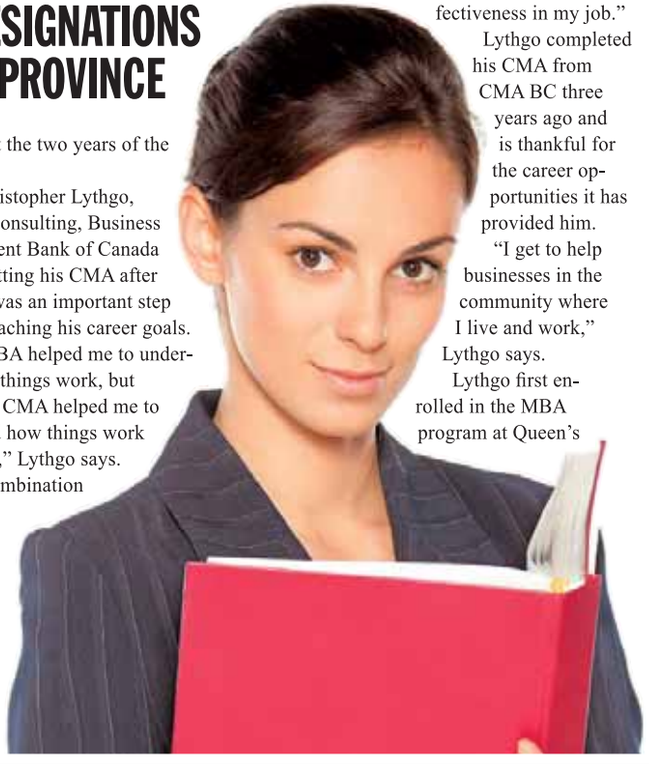
Like an MBA, the CPA is more than just a business degree — it's a professional credential.

This new program will combine education in business, finance and management accounting, with practical experience throughout the two years of the program.

For Christopher Lythgo, manager, consulting, Business Development Bank of Canada (BDC), getting his CMA after his MBA was an important step towards reaching his career goals.

"My MBA helped me to understand how things work, but adding the CMA helped me to understand how things work in practice," Lythgo says.

"The combination of the two allows me to think critically across the organization and have enhanced my effectiveness in my job."



Lythgo completed his CMA from CMA BC three years ago and is thankful for the career opportunities it has provided him.

"I get to help businesses in the community where I live and work," Lythgo says.

Lythgo first enrolled in the MBA program at Queen's University with the hopes of walking out of the program and being general manager ready at his next job.

"I realized I needed to put more tools in the toolbox and add credentials to facilitate professional growth," Lythgo says.

After completing his MBA, he wanted more and looked towards the CMA to gain more financial strategy.

"The CMA really taught me to do more with what a company already has," Lythgo says.

To learn more about this new upcoming program, sign up for an information session at bccpa.ca.

– with files from CMA BC

CODE OF CONDUCT

CPAs must abide by a code of conduct, are required to participate in lifelong professional development, and are subject to uniform standards of entry and exit from the profession, all of which are valuable assets for employers and hallmarks of professional designations.

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CA + CMA

CHARTERED PROFESSIONAL ACCOUNTANT

There are costs for that RRSP procrastination

YOUR MONEY
Alison Griffiths
money@metronews.ca

Hear that? It's the sound of 3.5 million people scrambling to make their RRSP contribution. According to a new TD poll nearly 60 per cent of Canadians procrastinate with that all-important deposit.

You might think it doesn't matter if you contribute at the 11th hour. You'd be wrong! There are three reasons why last minute contributions equal bad planning.

1. Lower returns

Monthly contributions start working when they are deposited. Whether you are investing in the stock market or GICs, money can't produce a return unless it is invested.

Take a 35-year-old starting an RRSP account and investing $200 for 25 years. At a six per cent average annual rate of return over that time, the account would be worth nearly $139,000 on retirement at 60.

But a last minute lump sum of the same amount invested annually would only grow to about $131,700. Run your own numbers at getsmarteraboutmoney.ca and go to RRSP Savings Calculator.

This calculation is based on annual compounded growth, but the difference is even greater if returns are compounded monthly or quarterly.

2. Higher risk

Monthly investing smooths out risk. You buy low when the market is down, high when it is up and over all this allows you to hit those average returns we all read about.

Last minute lump sum investing increases the danger that you will be buying in at peak times. You might argue that the same is true when the market is down. However, investor behaviour tells us that people are more likely to avoid investing their savings when the market takes a powder.

Witness the record amount of money that sat on the sidelines after the 2008/2009 crash — which was the very best time to invest.

Then as the market rises, investors worry about missing out on the action and jump back in, often buying at a high point. Witness the near record in-flows of money into stocks and equity mutual funds over the past few months as markets hit post-2008 highs.

3. Pressure

Contributors often feel pressure to invest their money quickly if it is an annual event. By investing regularly there is time throughout the year to consider investment options and evaluate advice.

Set up a regular monthly contribution and breathe easier next RRSP season.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

By province

The most RRSP procrastinators are in Alberta (64 per cent), the least in Atlantic Canada and the Prairies (48 per cent).

Think it doesn't matter if you contribute last minute? You're wrong! ISTOCK IMAGES

Feeling a bit of social anxiety? Learning to initiate conversation is an important skill. ISTOCK IMAGES

Feeling out of your comfort zone at parties? Smile.

I hate going to business and social events, parties etc. because I can't deal with having to make small talk and initiate conversation. As a famous butler do you have any words of wisdom for me?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Recently I was introduced to a new book. Well, it's not that new. It's been in print since June 2001. It's called How to Start a Conversation and Make Friends by Don Gabor.

To be honest I thought of it as one of those "self help" books that would not really teach you very much. But I was wrong. It's a great little book! Learning to initiate conversation is important to us all and this is where the book does well. Standing tall, smiling, facing the person you are speaking to and understanding some basic body language that you and others give is just a few of the tips from the book.

The most important issue here is that this is just a good little guide for you and your family to practise listening and introducing yourself.

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A message from the Surrey Teachers' Association

The Chicago Wolves face the Abbotsford Heat in an AHL matchup on Jan. 11 in Abbotsford. The affiliation agreement between the Vancouver Canucks and the Wolves expires at the end of this season. CLINT TRAHAN/ABBOTSFORD HEAT

Uncertainty surrounds Canucks affiliation deal

Hockey. Affiliation agreement between Canucks and Chicago Wolves expires at the end of this season

CAM TUCKER
cam.tucker@metronews.ca

The future of the affiliation between the Vancouver Canucks and Chicago Wolves beyond this season is "up in the air," according to Wolves general manager Wendell Young.

The Canucks affiliation with the American Hockey League's Wolves — a two-year agreement signed in June of 2011 — expires at the end of this season, and there has been widespread speculation the Canucks could try to move their affiliate to Abbotsford.

"I don't know who my parent team is going to be," Young told Metro Vancouver on Monday.

Young has fielded calls from other NHL teams about a possible affiliation with the Wolves, although that process has remained in a state of limbo while he awaits word on what the Canucks will do.

Canucks VP of hockey operations and assistant general manager Laurence Gilman said the two sides have had discussions about renewing the affiliation. However, nothing has been concluded and the Canucks are exploring their options at this point, he added.

Rumours began swirling Sunday, after two somewhat conflicting reports came out of Utica, N.Y.

One report from the Observer Dispatch stated the Calgary Flames, who currently have their AHL farm team stationed in Abbotsford, signed a 10-year agreement with an unnamed management group in Utica and would move their affiliate to that city.

Another report, from NBC WKTV, stated a management group headed by former NHL goalie Robert Esche approached the Flames — among other teams — about bringing the AHL back to Utica. No deal had been signed, according to the report.

The Flames sent out a release acknowledging that a group in Utica had approached them but denied a deal had been done and said they were committed to Abbotsford.

The City of Abbotsford, Fraser Valley Sports and Entertainment Ltd. and the Calgary Flames entered into a 10-year supply fee agreement in 2009.

The City of Abbotsford released this statement via e-mail: "The City of Abbotsford maintains a strong, ongoing relationship with Fraser Valley Sports and Entertainment and the Calgary Flames. The City will not address speculative reports or discuss possible AHL partnership agreements with other cities."

Despite this, Young believes the relationship between the Canucks and Wolves has been beneficial for both parties.

"We're on the same page," he said. "They know their players will develop here as winners."

Phase 1

Whitecaps give tour of new facility at UBC

Members of the media got a sneak peak into Phase 1 of the Vancouver Whitecaps' new digs at the National Soccer Development Centre on the University of British Columbia campus.

The Whitecaps have already begun the process of moving into the 4,000-square-foot building, which includes a full-size dressing room, rehabilitation room where the club's medical staff will work, coaches' offices, and an area for players to dine and relax. The club will train at UBC Tuesday and Thursday.

The local Major League Soccer side had been using facilities at Burnaby 8 Rinks, before making the move to the NSDC.

Two more phases still need to be completed. The second phase includes the completion of a turf field, and the third phase is the field house — a shared space between the Whitecaps and UBC. The goal is to complete all three phases for the 2015 FIFA Women's World Cup in Canada.

"This will be the first step," said Whitecaps president Bob Lenarduzzi. "Over the course of the next couple of years, we'll be excited to see the evolution of the permanent facility."

Lenarduzzi and Whitecaps chief operating officer Rachel Lewis took reporters through the numerous rooms of Phase 1.

Players have yet to set foot inside the new facility but will tomorrow for training. The club was delayed travelling from Charleston, S.C., where it finished the exhibition season, back to Vancouver.

The Whitecaps hope the move to a permanent facility helps make the Vancouver MLS franchise more attractive to players the club is pursuing.

CAM TUCKER/METRO

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Horoscopes

♈ Aries
March 21 - April 20
If you have the slightest doubts about a person's honesty then don't take any risks. With retrograde Mercury impacting your ruler Mars today there are sound astrological reasons you cannot afford to be reckless.

♉ Taurus
April 21 - May 21
Stick to methods and routines you are familiar with and make sure you focus on one thing at a time. Let other people worry about the bigger picture: Your talent is making sense of all the little details.

♊ Gemini
May 22 - June 21
If you believe you are destined for bigger and better things then now is the time to get serious about making a name for yourself. Firstly, clarify your aims: The simpler your objectives, the easier they will be to reach.

♋ Cancer
June 22 - July 23
If you still can't get someone to tell you what you want to know then why not adopt a more agreeable manner and hope they open up later on? Chances are you have been a bit too forceful for your own good.

♌ Leo
July 24 - Aug. 23
Someone may be looking for a fight but if you are smart you will stay out of their way. Most likely they are all talk and no action but, who knows, maybe they really do want a showdown.

♍ Virgo
Aug. 24 - Sept. 23
You won't be very communicative today. It seems you have important things on your mind — things you need to consider carefully before reaching a decision. If others want to talk, let them talk among themselves.

♎ Libra
Sept. 24 - Oct. 23
You appear to have lost enthusiasm for something you once had high hopes for. That's OK. People change as time goes on and there is no need to feel guilty about it. You don't have to finish every job you start.

♏ Scorpio
Oct. 24 - Nov. 22
It may annoy you that you are being held back from something but there is a good cosmic reason for it. Mercury retrograde means a number of things won't make much sense, at least not until later.

♐ Sagittarius
Nov. 23 - Dec. 21
Take it easy today. If you charge into situations blindly, you are likely to mess things up — and maybe make a few enemies in the process. A more laid back approach now will pay dividends throughout the week.

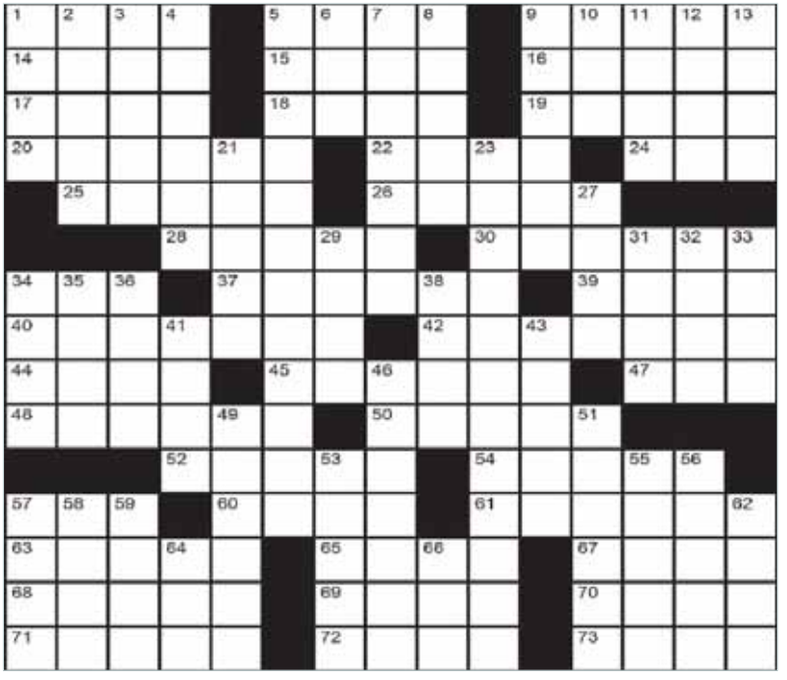
♑ Capricorn
Dec. 22 - Jan. 20
Don't give in to pressure and don't let anyone divert you away from the goal you have set yourself. Your birth sign is noted for its focus and commitment, so head in a straight line for your target.

♒ Aquarius
Jan. 21 - Feb. 19
You may have the kind of idea today that you think will solve all your problems, but is it really so great? The planets warn you could be deceiving yourself, so get a second opinion from someone you trust.

♓ Pisces
Feb. 20 - March 20
Why are you worrying so much about the future when the only thing that matters is today? Put plans for tomorrow and next week and next year out of your head and ask yourself "What can I do now?" SALLY BROMPTON

Crossword: Canada Across and Down

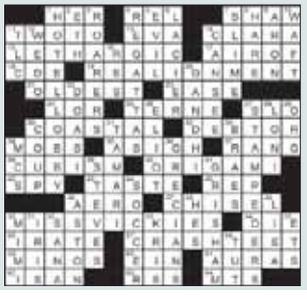
BY KELLY ANN BUCHANAN



Across
1. Singer Ms. Jordan
5. "Rio __" (1970) starring John Wayne
9. John of "SCTV"
14. ___ bit of light in (Tilt the blinds)
15. Hamilton football venue until recently, __ Wynne Stadium
16. Keep _ __ head (Remain calm)
17. __ __ now (Up to this point)
18. Playthings
19. Dish out
20. Be the final player up: 2 wds.
22. "__ la vie!"
24. US political designation
25. Danger
26. The Hunter constellation
28. Stagnant
30. Aspirations
34. Mudbath locale
37. Mr. Kutcher
39. Hockey movie, "__ Shot" (1977)
40. metronews.ca, for one
42. Use a ruler
44. Botanical 'coat'
45. Prince William's brother, and others
47. Huffy
48. Richard Gere flick, "American __" (1980)
50. "American Idol" Season 5 winner, Taylor __
52. Hockey great Mr. Hull
54. Practice eco-friendliness
57. Band-Aid, et al.
60. Comic Mr. Macdonald
61. Proprietors
63. B-day web greeting
65. Feels yucky
67. Montreal-born singer Vannelli
68. "Party Rock Anthem" duo
69. Door handle
70. "From here ___...": 2 wds.
71. Ambulance signal
72. Like omelets
73. "Disco Duck" singer Rick

Down
1. Smelting waste
2. Ancient teller of fables
3. Swiped
4. "Surfin' __" by The Beach Boys
5. '80s TV series starring a dog, "The __ __"
6. Ab __ (From the beginning, in Latin)
7. Type of protest
8. Canadian figure skating great Brian
9. Beaver: French
10. Hotshot
11. North: French
12. Peace bird
13. Cosmology's original matter
21. Mount of the Bible
23. Hockey star from Nova Scotia: 2 wds.
27. Scotland's Loch __ Monster
29. "Cheers" star Ms. Perlman
31. Reunion attendee
32. Actress, Rooney __
33. Accelerated
34. Celebrity 'gifting suites' items, __ bags
35. Ms. Gilpin of "Frasier"
36. '80s hit: "In _ ___ Country"
38. Actor Mr. Katz
41. Untidy type
43. Lopsided
46. Rapper's skill
49. Ontario city
51. Ra, in ancient Egypt: 2 wds.
53. Car stopper
55. River of Paris
56. "Sesame Street" character
57. Phone nos.
58. Caesar's 1901
59. Johannesburg, _. __.
62. Family members
64. Actress, __ Dawn Chong
66. Captain's record

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5		8		1		3	
6								7
		7		6		8		
	2	6		1		3	8	
	1			4			9	
	4	9		3		5	6	
		8		5		2		
9								6
	7		6		3		4	

Yesterday's Sudoku

6	3	8	7	1	2	5	9	4
9	1	7	8	4	5	3	2	8
2	5	4	3	9	8	7	1	6
7	9	1	4	5	3	6	8	2
4	8	6	2	7	9	1	5	3
5	2	3	8	6	1	4	7	9
1	4	5	9	2	6	8	3	7
3	7	2	1	8	4	9	6	5
8	6	9	5	3	7	2	4	1

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